

# Complimentary Fitness Activities

7:00am - 8:00am						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Basic Yoga 50 minutes	Tai Chi 45 minutes	Abdominal Workout 50 minutes	Kung Fu 45 minutes	Abs, Hips, Thighs 45 minutes	Power Walk and Almsgiving Ceremony 45 minutes	Stretching 30 minutes

4:00pm - 5:00pm						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training 30 minutes	Muaythai Dancing 50 minutes	Thai Boxing 50 minutes	Aerobic Exeries 50 minutes	Fit ball 50 minutes	Aqua Aerobic Level 1 50 minutes	Aqua Aerobic Level 2 50 minutes

## Exclusive Activities

Available daily, from 7:00am - 7:00pm

### Thai Boxing

30 min for free / 1 hour advance booking  
THB 1,000++

### Circuit Training

THB 500++ per person

### Power Walk & Almsgiving Ceremony

Power walk for free

give alms to monks THB 499++ per person

REMARK: ABOVE PRICES ARE IN THAI BAHT AND EXCLUSIVE OF 17.7% GOVERNMENT TAX AND SERVICE CHARGE